

E.P.I.C.

Finding specifics for your PSTEC work!

Use E.P.I.C. to discover specific events to focus on when using the PSTEC Click Tracks.

When you are specific, your results are terrific!

Whatever the issue is, how do you feel about it? Begin with the label for the emotion and then go through the E.P.I.C. steps like this:

E (Emotion)...What emotion are you feeling? If a certain part of life is not going well, how do you feel about it? If you are expressing states of being, such as: I am lonely...I am fed up!...I am stuck and can't seem to make progress; Ask yourself how you feel about being _____. See if you can get down to an emotion that has feeling to it.

P - (Physical)...Once you determine the emotion, ask, How do you know that you feel that emotion? Where do you feel it in your body? Be very specific as to where; for example, if you feel the emotion coming through to your shoulder, do not just focus on the shoulder. Pinpoint the location...front, back, top, bottom, inside the joint or on the surface.

The next question is, 'What are the qualities of the feeling? For example, tightness, sharp pain, tingling, etc. Ok, so you are allowing it to come through and communicate with you...good job...respect that communication!

I - (Incident)...Once you pinpoint the emotion or feeling in your body and the quality of it, ask, 'Do you remember an incident, event or scene from life where you felt exactly or similar to that with all the physical qualities? Ah, now we are getting specific...very nice! Look for a specific time, place, person...some or all three. It could even be an imagined event ... past or future... whatever comes up.

C - (Clear it!)...Pull out your PSTEC Click Track from your toolbox and use it on this specific issue. Focus on the aspect that is most intense. You may have more than one aspect, so you may have to run the Click Track more than once to handle each one. Some aspects may require more than one Click Track cycle to clear as well. It's best if you can alternate Click Tracks and even use the EFF's.

Note: Be sure to write down or journal the issue, previous SUDS ratings and your results so that you can check back later (perhaps weeks or months) to be sure the issue has been cleared for you and no further aspects arise.

Take care and keep clickin'!

